

September 2008

September 2008 Newsletter Center for Grieving Children

Boys and Girls Clubs of the Fox Valley

Volume 3, Issue 9

Peer Support Meeting

Date: Tuesday 9/16/08

Time: 6:00pm-8:15pm

Topic: Anger

Goal: To identify what makes you angry.
To explore both positive and negative ways anger is expressed.
To create something to be used as the “target” of safe and non-destructive anger.

Project: My Angry Pillow

Menu: Lasagna and French bread



*Anger wraps itself around our heart, our thoughts, our soul.
It holds us hostage to a past we cannot change or leave behind.
It waits for us to give it voice. Only then are we set free.*

Deb Kosmer, debkosmer@new.rr.com

Oshkosh WI

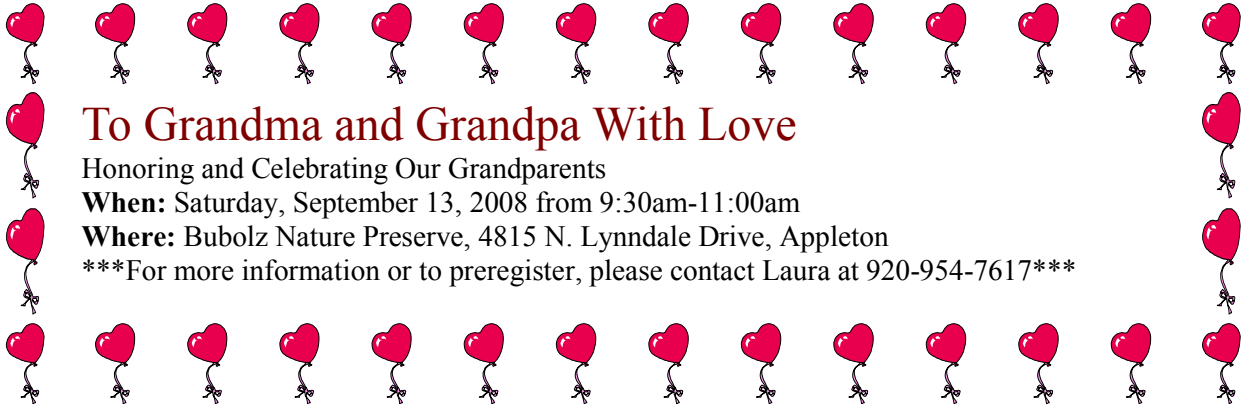
Ways to Help Children Express Their Anger

Before a child care provider (or a parent) begins to help an angry child, it is important to be sure that the child's behavior is related to the anger emotion. Reactions to illness, frustration, tiredness, medication, or stress can mirror the responses of anger. Yet these reactions can easily be addressed through relieving the hunger, tiredness, frustration, treating the illness, or changing the medication. If indeed the child is hungry, your response will be different. The techniques listed below are appropriate ways for you to help the child express anger.

- Talk to the child about emotions and give names to the feelings he's experiencing.
- Watch for times when the child is "talking out" the anger and encourage this behavior.
- Provide physical outlets for anger: running, climbing stairs, dancing, walking.
- Use touching and closeness to calm a child until she can talk about her anger.
- Have clear limits and consistently enforce those limits.
- Intervene before the situation gets out of hand.
- Reinforce positive aspects of the child's character.
- Use "I messages" to express your feelings.
- Serve as a role model for the child, by talking anger out, not acting out! Ask other significant adults in the child's life to do so also.
- Use humor to ease the tension.
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National Network for Child Care

COMMUNITY SUPPORT



To Grandma and Grandpa With Love

Honoring and Celebrating Our Grandparents

When: Saturday, September 13, 2008 from 9:30am-11:00am

Where: Bubolz Nature Preserve, 4815 N. Lynndale Drive, Appleton

For more information or to preregister, please contact Laura at 920-954-7617

Grief Support Drop-In Groups

Open to any adult grieving the death of a loved one.

Appleton –Every 4th Tuesday at 2:30pm and 6:30pm at the Thompson Community Center, 820 W. College Ave.

Oshkosh - Every 1st Thursday 2:30pm and 6:30pm at St. Andrews Lutheran Church, 1100 E. Murdock St.

Survivors of Suicide, Appleton Group

Second Monday of the Month at 6:30 pm, FVUU F, 2600 E. Philip Lane, Appleton

A support group for family, friends, coworkers of those who have died by suicide. Minimum age is 14 years old. No charge to attend. For info, contact **Jodi Huebner at 920-475-0246** or **Christine Garstka at 920-731-0555 x 243.**

Men Journeying Through Grief

A gathering of men who have experienced the death of a loved one, recent or past. Gatherings include supper, discussion, grief information, and resources. No charge to attend.

Contact: Deb Kosmer 1-866-236-8500 or Pete 920-831-9905 for meeting time and place.

Compassionate Friends

4th Thursday of the month, 7pm Faith United Methodist Church, 1025 Tullar Road, Neenah

A self-help organization offering friendship and understanding to bereaved families who have experienced the death of a child.

Contact Deb Schultz at 920-725-6340 for more information.

We Remember...

John Engberg Born 9/22/68
Terry Born 9/2/58
Brandon Fochs Born 9/21/89
Grant Sheppard Born 9/2/04
Sylvan Sundby Born 9/18/54



Fred Clay Died 9/8/05
Darlene Ward Died 9/10/05
John Davis Died 9/26/04
Jay Gherman Died 9/9/04
Luis Gonzalez Died 9/19/07
Dale Jensen Died 9/26/07
Sean Terry Died 9/19/07



I would like to take this opportunity to inform you that I have resigned from my position as Director of the Center for Grieving Children. It was an extremely difficult decision for me. I feel privileged to have worked with all of you and I will continue to keep you in my prayers. You will continue to see me around for awhile, until a new Director is found.

Irene